

# Canteen menu

## Barndenyirringy (hot weather time)

### Snacks (Recess and Lunch)

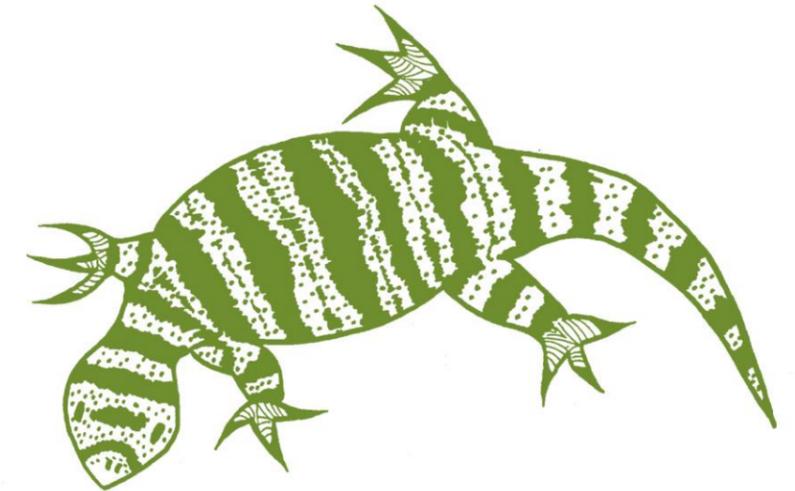
E- Seasonal piece of fruit	GF	\$1.00
E- Seasonal fruit salad	GF	\$2.00
E- Boiled egg	GF	\$0.50
E- Yogurt	GF	\$1.00
E- Tuna and rice crackers	GF	\$2.50
E- Rice crackers	GF	\$1.00
E- Vegetable sticks (seasonal)	GF	\$2.00
E- Chocolate yogo		\$1.00
E- Tub of spaghetti or baked beans		\$1.00
O- Popcorn		\$1.00
O- Pretzels		\$1.00
O- Shapes		\$1.00
E- Saos or rice cakes or corn cakes		\$1.00
<i>with cheese and/or vegemite</i>		
E- Saos or rice cakes or corn cakes		\$1.00
<i>with cheese and/or tomato</i>		
O- Canteen made biscuit		\$1.00
O- Canteen made muffin		\$2.00
O- Canteen made gluten free treat	GF	\$2.00
O- Coconut bites	GF	\$2.50

### Everyday Sandwiches

E- Butter only	\$2.00
E- Vegemite or cheese	\$2.50
O- Meat	\$4.00
<i>chicken or ham or corned beef or tuna</i>	
E- Egg (plain or curried) with lettuce	\$4.00
E- Salad	\$4.00
<i>lettuce, tomato, beet, carrot, cheese, cucumber</i>	
O- Salad plus meat	\$5.00
<i>chicken or ham or corned beef or tuna</i>	
Add any salad extras for	.50c each
Add wrap/roll for	.50c each
E- Toasted jaffle with baked beans or spaghetti	\$3.00
E- Toasty with meat, tomato, cheese	\$4.50

### Everyday Tukka Tubz

E- Garden salad with chicken or ham or egg	\$6.00
<i>with Italian vinaigrette or mayonnaise</i>	



### Warm Lunches

See canteen board for weekly specials

Monday- Pop up specials \$4.00

Tuesday- Pasta or Rice \$4.00

Wednesday- Around the World \$4.00

Thursday- Hot dogs

O- Hot dog and sauce (tomato or BBQ) \$4.00

O- Hot dog wrap and sauce (tomato or BBQ) \$4.00

Friday- Mrs Mac Lite'n up Range

O- Party Pies and sauce \$1.00

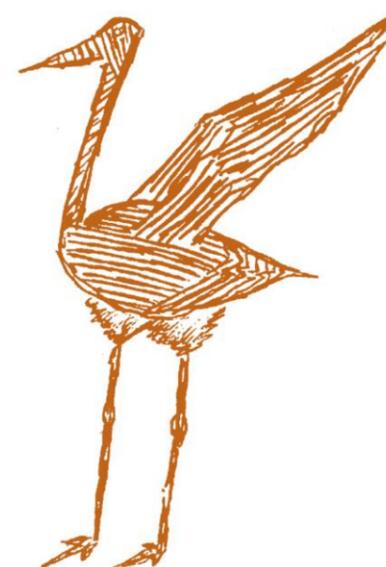
O- Regular pie and sauce \$4.50

O- Beef & cheese cruiser pie and sauce \$4.50

O- Sausage roll and sauce \$3.50

E- Canteen made quiche and salad \$6.00

All orders placed after  
9am will be offered a  
restricted menu



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### Drinks

E- Water 300ml	\$1.00
E- Fresh milk (reduced fat 300ml) chocolate or strawberry	\$2.50
E- Fresh plain milk- reduced fat	\$1.00
E- Juice box	\$2.00

### Frozen Snacks

E- Frozen 100% orange juice cup and spoon	\$1.00
O- Icy pole (Friday lunch time only)	\$1.00



Icy poles available  
every Friday

### Volunteers

Help is always needed and very welcome in the canteen. The more help we have, the wider choice of quality healthy and tasty foods we can offer our children. Please let me know if you can support our school community in the canteen.

### Healthy Food & Drink Policy

The school canteen is an integral part of the learning environment, and as such operates in a manner that supports the health messages of the curriculum.

In 2008, the Catholic Education Office mandated a 'Healthy food and drink choices' policy.

School canteens shall promote a wide range of healthy and nutritious food and drinks and follow the minimum standard required to ensure that menus follow the 60% 'green' and 40% 'amber' food and drinks, according to the traffic light system in Appendix C of the Department of Education and Training Healthy Food and Drink Policy.

#### GREEN – These are EVERYDAY choices

- Fruit, fresh and canned in natural juice
- Vegetables and legumes, all salad mixes
- Cereal foods – wholegrain cereals, pasta, noodles, rice
- A variety of bread types including wholegrain and/or wholemeal
- A variety of sandwich fillings that are all available with salad, e.g. egg, reduced fat cheese, skin-free chicken, tuna, lean meats
- Lean meats, fish, poultry
- Reduced fat dairy products including plain milk, flavoured milk, cheese and yoghurt

#### AMBER – These are OCCASIONAL choices

- Some reduced fat pastry items, frankfurts, and sausages for sausage sizzles or special events
- Reduced fat, low salt savoury commercial products, e.g. fish, chicken, potato portions, pizza\*
- Small plain biscuits or fruit muffins
- Reduced fat flavoured milks (greater than 375mL)
- Full fat dairy foods, e.g. milk, yoghurt, low fat dairy desserts, cheese
- Fruit juices – small sizes (250mL or less) and no added sugar.

### Canteen News



EFTPOS and  
INDUE card  
available!



E- every day foods

O- occasional foods

GF- gluten free